CABLE TIES
WHY CANADIANS ARE RELUCTANT TO CUT TV SERVICE {page 4}

ZOMBIE LOVE
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HUSKY, NOT FAT?

MAYBE IT'S TIME WE USED THE F-WORD WITH OUR KIDS {page 16}

WINNIPEG
metro®
Monday, February 6, 2012
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News worth sharing.

ROB CARR/GETTY IMAGES

Another Gigantic win

- Late-game rally pushes New York Giants to 21-17 victory over New England Patriots in Super Bowl XLVI
- Eli Manning earns his second Super Bowl MVP award, guiding team 88 yards to the decisive TD {page 22}

▶ Eli's da Manning: Quarterback Eli Manning of the New York Giants hoists the Vince Lombardi Trophy on Sunday after the Giants won their fourth Super Bowl title. The team beat the New England Patriots 21-17 in a closely fought battle.

1 news

The family of 14-year-old Burton Winters has some pointed questions for the military over the duration of the search for the boy. Scan code for the story.

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Advertisers waged an epic battle for the hearts, minds and wallets of the Super Bowl's 111-million-plus viewers. Watch at metronews.ca/video

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On. Ice

▶ The 11th annual Ironman Outdoor Curling Bonspiel saw 48 teams compete Friday through Sunday to raise money for the Heart and Stroke Foundation. Four rinks were active on the Assiniboine River Saturday at The Forks, above, with more action, including the Sunday championship game, played out at the Granite Curling Club.

SEAN LEDWICH/FOR METRO

Curling teams compete for charity

Supreme Court to hear HIV cases

Prosecutors argue people carrying the virus must always inform their sexual partners
Supporters of people with HIV say such thinking criminalizes those with the virus

Canada's highest court is set to hear arguments over whether it's a crime for people with HIV to keep their condition from their sexual partners if the risk of transmission is low.

Supreme Court justices are to hear two cases Wednesday — appeals from the provinces of Manitoba and Quebec — that hinge on the obligations of those with the virus that causes AIDS.

Prosecutors argue people carrying HIV must always inform their partners regardless of the risks of transmission. That way partners can decide if they want to run the risk of contracting the virus.

Advocates supporting people with HIV argue that such thinking criminalizes carriers of the virus and doesn't acknowledge the science that can determine the likelihood of transmission.

All are looking to the Supreme Court to clarify the law and update a high-court ruling from 1998, which has been interpreted differently by judges across the country ever since.

"There is a high level of uncertainty among people living with HIV regarding when they are required under the criminal law to disclose their HIV-positive status," said Cecile Kazatchkine, policy analyst with the Canadian HIV/AIDS Legal Network.

"The uncertainty in the law is creating great fear in the community. People need to know what could put them at risk of prosecutions."

The province

▶ Manitoba, in its appeal to the Supreme Court, is arguing that Clato Mabior exposed each of his partners to the chance of infection.

One of the cases involves Clato Mabior, a Winnipeg immigrant who was originally convicted of six counts of aggravated sexual assault and sentenced to 14 years in prison for failing to disclose his illness to numerous partners. Four of those convictions were overturned by the Manitoba Court of Appeal, which found not everyone who had sex with Mabior was exposed to "significant risk."

Mabior was undergoing antiretroviral therapy and used condoms in a few of his encounters. None of his partners tested positive for HIV, the court noted.

THE CANADIAN PRESS

Three in hospital after weekend crash

Two teenage girls and a man are in hospital following a collision on Henderson Highway early Saturday morning.

A police-canine unit was in the area of Henderson Highway and Springfield Road when the officer saw the collision and immediately attended the scene.

Two vehicles were involved in the crash that saw both directions of Henderson Highway closed for a period. SHANE GIBSON

Car stolen at mall

A woman had her car stolen during a violent robbery at St. Vital Mall Friday. The white Volkswagen was taken when a man with a gun came up from behind and demanded the keys. SHANE GIBSON

Gas station robbed by lone male suspect

Winnipeg police were called to a gas station in the 3500 block of Portage Avenue around 9:15 p.m. Friday after a robbery.

Police say a lone male suspect entered the store armed with a tire iron and demanded cash from the female employee.

The suspect is described as a Caucasian man, roughly 30 years old, approximately five-foot-seven to five-foot-10 and wearing a black toque. SHANE GIBSON

Charges upgraded in latest homicide

Three charged with murder after stabbing victim succumbs to injuries Victims knew attackers: Police

SHANE GIBSON
@METRONEWS.CA

FACEBOOK.COM

▶ Ian John Folster

Two men and a teenage male have been charged in connection with Winnipeg's second murder of the year.

The three accused had previously been charged with attempted murder and possession of a weapon for a dangerous purpose following an early morning stabbing in the North End on Jan. 25. The attempted murder charge was upgraded following the death of one of the victims.

Ian John Folster, 29, was in critical condition and his 29-year-old fiancée was in unstable condition when they were taken to hospital after being stabbed in the upper body. Folster died Feb. 2.

"It's a sad situation," said WPS spokesperson Const. Natalie Aitken on Sunday. "Whenever we have situations, especially when knives are involved ... they can quickly turn south with respect to injuries."

Aitken says all five were at a house in the 400 block of Bannerman when a fight erupted between the male victim and the accused. Two of the accused left the premises and allegedly returned armed with knives.

Aitken says Folster was stabbed several times, and the female victim was assaulted and stabbed in the upper body.

The suspects fled the area before police arrived shortly after 4 a.m. They were taken into custody later in the day.

Adam Kent Monias, 18, and Stephan Charles Monias, 21, and a 17-year-old youth, all from Winnipeg, are facing one count of second-degree murder.

Blocked. Intersection

▶ Police at the scene of a single-vehicle crash at Regent Avenue and Stapon Road shortly after 8 p.m. on Saturday.

HOWARD WONG/CONTRIBUTED

No injuries in weekend crash

There were no injuries were reported in the crash, which knocked over a traffic light at the intersection.

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Shelter helps victims despite tight budget

Non-profit goes beyond mandate **$1.5M in funding not meeting needs**

SVJETLANA MLINAREVIC/FOR METRO

▶ Barbara Judt, CEO of Osborne House, says like many shelters in Winnipeg, they are underfunded and find themselves having to go beyond their mandate in order to help people.

SVJETLANA MLINAREVIC
WINNIPEG@METRONEWS.CA

As donor fatigue hits Winnipeg's non-profit sector, one organization in the city is going above and beyond its mandate despite facing a cash crunch.

Osborne House has always been a safe place for abused women and their children, but recently, the organization is finding itself regularly aiding abused teenage girls and men.

"We've seen an increase in the number of (female teenagers coming to the shelter)," said Barbara Judt, chief executive officer of Osborne House.

Judt says about 10 per cent of her clientele are teen girls. "We bring them into the shelter and look at different ways to provide support."

The agency also gets calls on its crisis line from abused men.

"We take the call and point them to the appropriate services.... There is a stigma attached (to abused men). Sometimes men feel a sense of shame," Judt said.

$26.70
The agency gets $26.70 per diem per person but actually needs double that to cover costs.

Right now, Osborne House is underfunded by $450,000, according to Judt. The current funding model the non-profit is working with is 20 years out of date.

"(The funding model) is not keeping up with demand.... We have a different clientele than we had 20 years ago," she said, noting that addictions and violent tendencies are at an increase among clientele, as are the number of women needing services.

The provincial government has promised to do a provincewide funding review of all shelters in the city this year.

Donations used for clients, CEO says

Osborne House is the biggest and oldest women's shelter in Canada.

Judt said the organization's 5,000-square-foot building is inadequate to meet the needs of the 45 clients it houses on a ongoing basis, due to a cramped layout and a 72-year-old structure in constant need of repair.

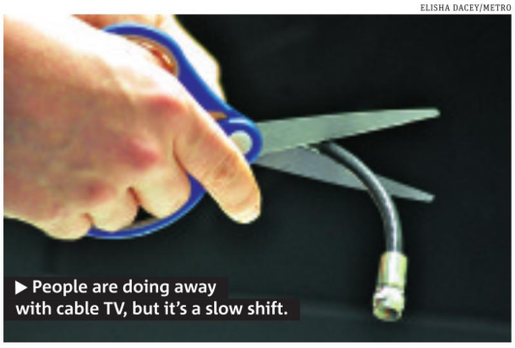
Osborne House works in partnership with the Winnipeg Humane Society to house pets while clients are at the shelter.

All donations given to the shelter are used for the clients and not administrative costs.

Judt said she is in constant contact with Minister of Housing and Community Development Kerri Irvin-Ross, Minister of Family Services and Labour Jennifer Howard, and Minister of Conservation and Water Stewardship Gord Mackintosh, who has a history of working with domestic violence laws. She sees working with the ministers as a positive partnership that will hopefully aid Osborne House with the challenges it faces.

SVJETLANA MLINAREVIC

ELISHA DACEY/METRO



▶ People are doing away with cable TV, but it's a slow shift.

Cutting the cable: Watching TV via antenna, Netflix or other methods

Dave Routhier cancelled his cable TV service recently and has no regrets.

The 35-year-old Winnipeg resident is among many Canadians who are replacing cable or satellite service with antennas, Internet services such as Netflix, or material streamed from websites.

But the number of cable-cutters remains relatively small, and cable providers are fighting back by offering more features and more convenience.

Routhier decided paying $50 a month for cable was too much. He purchased a Boxee Box, a device that grabs content from the web or your computer hard drive and puts it up on your screen.

Routhier is saving a lot of money. But he admits there are trade-offs.

"If I'm streaming from CTV or The History Channel or Discovery or whatever, I'm restricted to the video compression format that they use, so yes, there is a resolution downgrade."

Still, the zero cost more than makes up for any compromise in visual quality, Routhier said.

A similar story is told by Alyson, a Winnipeg post-secondary student who does not want her last name used because she relies partly on pirated content.

"I have a 27-inch iMac. It's not that different for me to watch an episode of The Colbert Report on my iMac than it is on my 47-inch flat-screen (TV)."

Alyson wasn't a big TV watcher to begin with, but cutting the cable has allowed her to focus on, and pay for, only the kinds of shows or movies she wants.

1%
The Convergence Consulting Group, based in Toronto, estimates that of 11.7-million Canadians who subscribe to cable, satellite or telecom TV services, only one per cent cut the cord last year. Convergence predicts a similar number this year.

The leap to cut the cable requires some forethought, and can involve multiple devices as replacements including digital antennas, and paying for shows through services such as iTunes, which can add up quickly.

The trade-offs, along with the technical hurdles of hooking up multiple devices, may be key reasons Canadians do not appear to be rushing en masse to cut their cable.

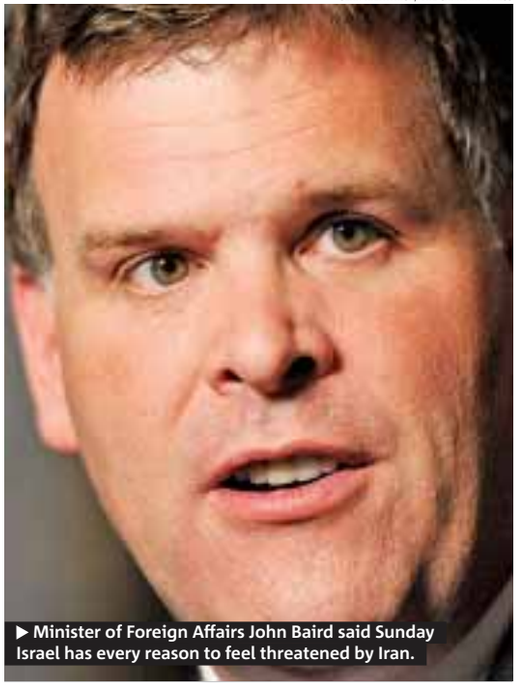
"Most people are not as sophisticated as doing anything other than wanting to click one button to get to watch what they want to watch, and I think that's part of the issue once you start to get into streaming from my laptop to a TV," said Stan Kurtas, vice-president of marketing with MTS.

"It has to be simple and easy and seamless and that's really what our service does for them."

THE CANADIAN PRESS

Baird defends Israel's Iran fears

SEAN KILPATRICK/ THE CANADIAN PRESS



▶ Minister of Foreign Affairs John Baird said Sunday Israel has every reason to feel threatened by Iran.

▶ Minister: Israel has a right to feel threatened ▶ Refers to Mein Kampf

Foreign Affairs Minister John Baird invoked images of the Holocaust in defending the notion of possible Israeli military action against Iran.

Appearing on CTV's Question Period Sunday, he suggested the Jewish state has every right to feel threatened and pointed to recent comments by the Islamic republic's supreme leader, who vowed to remove a "cancer" from the Middle East.

Ayatollah Ali Khamenei, in a speech broadcast across Iran on Friday, also pledged to aid any nation or group that challenges Israel.

"Obviously you can understand why the Jewish people and why Israel would take him seriously," Baird said in an interview with the news program from Israel. "Hitler wrote Mein Kampf more than a decade before he became chancellor of Germany." THE CANADIAN PRESS

Heated Words

Baird's comments added to the war of words over Iran's nuclear program.

- The deputy head of Iran's elite Revolutionary Guard, Hossein Salami, also warned that any country in the Middle East whose territory is used to launch a military strike will face retaliation.
- Salami was quoted as saying Tehran will use "retaliatory aggression" against neighbours if they aid in such an attack.

Skier recovers from avalanche

A male skier is recovering from injuries after he and a female companion survived an avalanche in the southeast corner of British Columbia.

The incident took place late Saturday afternoon near Kimberley.

RCMP Cpl. Chris Newel says after an emergency beacon went off, the female skier was able to flag down search-and-rescue teams and lead them to her injured partner.

Newel says the male skier was alive but suffered serious injuries to his arm and was transported to a waiting ambulance.

So far this season there have been five avalanche-related deaths in B.C. THE CANADIAN PRESS

Byelection for Layton's riding

Stephen Harper has called a byelection in former NDP leader Jack Layton's riding for March 12.

The news came in a tweet Sunday from Andrew MacDougall, a senior spokesman for the prime minister.

Layton died of cancer last summer and the New Democrats have picked law professor Craig Scott to carry their banner in the riding of Toronto-Danforth.

The Conservatives have nominated communications specialist Andrew Keyes to run for them.

The riding, located east of downtown Toronto, is a diverse section of the city that was known as a Liberal bastion until Layton's 1994 election. THE CANADIAN PRESS

PM takes note of sentencing controversy

Media reports that some pot growers will face harsher mandatory minimum sentences than child rapists under the Conservative government's new crime bill were enough to catch the attention of Prime Minister Stephen Harper.

A request by The Canadian Press for cabinet records on the controversial omnibus crime legislation turned up a single document — much of it blacked out under a broad, discretionary exemption in the Access to Information Act.

The Oct. 11, 2011, "memorandum for the prime minister" says its purpose was to inform Harper about the controversial sentencing provisions "in light of recent criticism in the media." It ends by stating that "additional analysis would be required if potential amendment proposals are deemed needed."

The memorandum followed two weeks of media reports sparked when a Vancouver Province columnist highlighted that under the new law, someone convicted of "growing 201 pot plants in a rental unit would receive a longer mandatory sentence than someone who rapes a toddler or forces a five-year-old to have sex with an animal." THE CANADIAN PRESS

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KEYSTONE MARTIAL TREZZINI/THE ASSOCIATED PRESS

▶ People walk along an icy promenade past ice-covered cars and trees on the shores of Lake Geneva in Versoix, Switzerland, Sunday.

It's a snow-go all over Europe

State of emergency called after heavy snowfall

In Bosnia, more than 100 remote villages have been cut off by two metres of snow in the mountains. More than one metre fell in Sarajevo, the capital, where a state of emergency has been declared.

Three helicopters cruised over eastern Bosnia Sunday, delivering food and picking up people who needed evacuation. Sarajevo has been paralyzed since Friday evening and authorities have ordered all schools closed. Residents have volunteered to remove snow and ice from the trams that are stuck along the city's tracks.

"The snow is beautiful, but let's hope spring comes soon."
POPE BENEDICT XVI

In neighbouring Serbia, officials said 70,000 people remain cut off. So far, 32 municipalities throughout the country have introduced emergency measures, said senior emergency official Predrag Maric. Later Sunday, Serbia's emergency board was to meet to discuss the crisis.

In Montenegro, the north of the country remained cut off, although emergency crews have managed to clear some of the blocked roads.

The situation also had improved somewhat in Croatia, where bus traffic toward the coast resumed, even as snow slowed traffic throughout the country. In the coastal town of Split, where authorities declared emergency measures, dozens of people sought medical help for injuries sustained on ice and snow. Snow is extremely rare in Split, which is on the Adriatic coast. **THE ASSOCIATED PRESS**

QUEEN ELIZABETH II BRAVES COLD, SNOW AHEAD OF DIAMOND JUBILEE

CHRIS JACKSON, WPA POOL/GETTY IMAGES

▶ Queen Elizabeth II smiles as she leaves Sunday Service.

Queen Elizabeth II braved the cold and snow to attend church Sunday on the eve of her Diamond Jubilee anniversary.

Bundled in a brown coat and matching fur hat, Elizabeth was joined by her husband, Prince Philip, at the service at West Newton church on her Sandringham Estate in eastern England.

Following a service that lasted less than an hour, the queen took time to greet and accept flowers from well-wishers huddled in the freezing temperatures to catch a glimpse of her.

The 85-year-old monarch marks 60 years on the throne on Monday. The anniversary will be marked by a series of events throughout 2012.

Elizabeth ascended the throne when her father, George VI, died on Feb. 6, 1952. She is the longest-serving monarch after Queen Victoria, who ruled for more than 63 years.

Over the course of 2012, members of the royal family — including Prince William and his wife, the Duchess of Cambridge — will travel to Commonwealth countries including Canada, Jamaica and Belize in honour of the Queen's Diamond Jubilee. **THE ASSOCIATED PRESS**

Anti-Putin song strikes a chord

Ex-Russian paratroopers write and perform catchy protest song Artists employ craft to amass support

The most popular protest song in Moscow today comes from burly men in blue berets, unlikely heroes of a peaceful middle-class movement challenging the strongman rule of Vladimir Putin.

The simple but catchy song was performed at a protest rally for the first time this weekend, but many of the tens of thousands in the crowd already knew the words.

On a snowy square across a frozen river from the Kremlin, the protesters sang along with the chorus, which sums up their weariness with Putin as he intends to extend his 12 years in power by winning a presidential election in March: "You're just like me, a man not a god. I'm just like you, a man not a sod."

1M

A video of the former paratroopers and three others performing the song lit up the Internet, getting more than one million views in the first few days.

The men were joined on the stage by some of Russia's most respected cultural figures who have played major roles in organizing the protests along with veteran politicians now in the opposition.

The former paratroopers' song is just one of the many musical, literary and artistic creations that have inspired and enlivened the protest movement that is still largely the reserve of erudite, urban Russians.

Mikhail Vistitsky, a 45-year-old veteran of the elite force, wrote the lyrics after attending one of the first big anti-Putin demonstrations in late December.

"Mikhail had the idea that a song, an anthem, was what the whole protest movement needed," said Stanislav Baranov, who contributed music and several lines to the song. "The lyrics came straight from his heart in half an hour."

THE ASSOCIATED PRESS

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U.S. calls for coalition to stop Syrian violence

Russia, China veto UN-backed resolution to end bloodshed Rebels say only force will oust regime

The United States proposed an international coalition to support Syria's opposition Sunday after Russia and China blocked a UN attempt to end nearly 11 months of bloodshed, raising fears that violence will escalate. Rebel soldiers said force was now the only way to oust President Bashar Assad, while the regime vowed to press its military crackdown.

The threat of both sides turning to greater force after Russia and China vetoed a UN Security Council resolution raises the potential for Syria's turmoil to move into an even more dangerous new phase that could degenerate into civil war.

The uprising, inspired by other Arab Spring revolts, began in March with peaceful protests against Assad's regime, sparking a fierce crackdown by government forces. Soldiers who defected to join the uprising later began to protect protesters from attacks.

JIM WATSON, POOL/THE ASSOCIATED PRESS

▶ U.S. Secretary of State Hillary Rodham Clinton

U.S. Secretary of State Hillary Rodham Clinton warned that chances for "a brutal civil war" would increase as Syrians under attack from their government move to defend themselves, unless international steps provide another way.

Speaking to reporters in the Bulgarian capital Sofia, she called the double veto at the UN Security Council on Saturday "a travesty."

"Faced with a neutered Security Council, we have to redouble our efforts outside of the United Nations," she said, calling for friends of a democratic Syria to "support the Syrian people's right to have a better future." THE ASSOCIATED PRESS

Celebrate. With a bang!

▶ A fire breather keeps the crowd entertained.

AJIT SOLANKI/THE ASSOCIATED PRESS

A show like no other

An Indian Muslim youth displays his fire skills as others look on during a procession to celebrate Eid-e-Milad-un-Nabi, or the birthday of the Prophet Mohammed.

Saudi women challenge legality of driving ban

Saudi women leading a campaign against the kingdom's ban on female driving are calling on the courts to take up their lawsuits demanding the right to drive.

Manal al-Sherif said Sunday that she and another woman activist are urging judicial authorities to begin proceedings on complaints they lodged after being refused driver's licences.

Al-Sherif says she filed her suit in November and it was transferred to the Interior Ministry.

THE ASSOCIATED PRESS

Driven away

- No laws prohibit women from driving, but conservative religious edicts have banned it and officials comply.

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Facebook looks to hacking culture in effort to innovate

The term 'hacking,' which dates back half a century, only took on negative connotations in the 1980s That outlook is now changing, tech experts say

Facebook's billionaire CEO Mark Zuckerberg calls himself a hacker.

For most people, that word means something malicious — shady criminals who listen in on voice mails, or anonymous villains who cripple websites and break into email accounts.

For Facebook, though, hacker means something different. It's an ideal that permeates the company's culture. The hacker approach has made Facebook one of the world's most valuable Internet companies.

Hackers "believe that something can always be better, and that nothing is ever complete," Zuckerberg explains in an essay, The Hacker Way, included in Facebook's initial public offering, which is seeking $5 billion US in investment.

"In reality, hacking just means building something quickly or testing the boundaries of what can be done."
FACEBOOK CEO MARK ZUCKERBERG

"Symbolically, it doesn't bode well to Facebook and to potential investors," says Robert D'Ovidio, an associate professor of criminal justice at Drexel University.

By using the word, Zuckerberg, 27, is also trying to reclaim it. To him, Steve Jobs and the founders of many of the biggest technology companies were hackers. THE ASSOCIATED PRESS

PAUL SAKUMA/THE ASSOCIATED PRESS FILE

▶ Facebook CEO Mark Zuckerberg during a meeting in San Francisco last October.

Game. Face

▶ Supermodel Adriana Lima stars in an ad for florist company Teleflora that was set to launch during Super Bowl XLVI. Millions had already viewed the ad online prior to the game.

TELEFLORA/THE ASSOCIATED PRESS

Ads score big Bowl buzz

About 20 of the roughly 36 Super Bowl advertisers, eager to stand out during the big game, put their TV commercials online in the days leading up to Sunday's broadcast — a big break with tradition.

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Retailer takes stand against Caterpillar

Mark's Work Warehouse has pulled Caterpillar boots from its London, Ont., stores after the heavy-equipment giant shut down a local locomotive plant.

The chain says it is showing support for hundreds of workers who lost their jobs at the Electro-Motive.

The retailer announced the move on its Facebook page Saturday, a day after U.S-based Caterpillar revealed its plans to close the plant following a labour dispute.

Caterpillar said the cost structure at the London plant was unsustainable, even though the company reported a 58 per cent increase in its quarterly earnings with a record profit of nearly $5 billion.
THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar	Oil	Natural gas	Gold
+ 23.8 (12,577.28)	+ 0.6¢ (100.64¢ US)	+ $1.48 US ($97.84 US)	$2.49 US (- 5.5¢ US)	$1,740.30 US (- $19.00 US)

Waterloo still standing by RIM

The markets may be hitting Research in Motion hard after its most recent restructuring, but the community considered synonymous with the BlackBerry isn't letting bad news get it down.

RIM shares fell sharply after the company's recent announcement that co-CEOs Jim Balsillie and Mike Lazaridis were stepping down from their lead positions.

The shakeup followed a bad year that included 2,000 in layoffs as RIM lost consumers to the iPhone and Android smartphones, as well as operational problems and public-relations gaffes.

That has left many wondering what RIM's seemingly cloudy future would mean for the region of Waterloo, which experienced a boom after becoming the go-to place for tech companies.

Business and community leaders, however, say the mood hasn't soured in the southwestern Ontario city, because even though RIM was integral to its tech boom, the sector has now grown beyond simply one company. THE CANADIAN PRESS

U.S. tax evasion dogs Swiss banks

Two Swiss banks will this week outline their response to growing pressure from the U.S. to give up tax-evading American customers and the bankers who helped them.

Julius Baer Group and Zuercher Kantonalbank are among at least 11 Swiss banks targeted by U.S. authorities following a successful case against UBS AG that forced Switzerland's biggest bank to hand over 4,450 clients' files to Washington in 2010.

Since then, an amnesty program and the arrest of several Swiss bankers have given U.S. authorities ample ammunition to pursue other banks in the Alpine nation.
THE ASSOCIATED PRESS

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A FEW SUPER LESSONS FROM INDY

URBAN COMPASS

COLIN FAST
METRO WINNIPEG

Sunday's Super Bowl wasn't just one big party for Indianapolis, it was actually the culmination of a 30-year focused economic development strategy.

A few decades ago, Indianapolis was just another mid-sized city in flyover country that non-residents didn't think about much (sound familiar, Winnipeg?). The place was so sleepy it was called "Naptown," and some of the biggest excitement came on Sundays, when the local Jaycees were licensed to shoot pigeons downtown.

Looking for a hook to make their city stand out on the national scene, local leaders decided to tap into an underlying love of athletics and turn Indianapolis into one of the sports capitals of America.

They built new facilities for basketball, football, tennis, cycling, rowing, swimming, and track-and-field. They hosted NCAA Final Four basketball tournaments and the Pan Am Games. They convinced the NCAA and other national sport organizations to relocate to Indy. And in doing all this, Indianapolis fostered civic pride, gained a national profile and attracted new visitors, residents and businesses.

"Indianapolis was successful because successive generations of politicians, business leaders and charitable foundations all shared the same vision."

So what lessons could a city like Winnipeg learn from Indy? First is the need to find our niche. Rather than just chasing after the economic development flavour of the month — call centres, movie productions, biotech, inland ports, etc. — Indianapolis focused on something no one else was doing at the time, and something that fit the character of the city.

Second is the need for everyone to be on the same page. Indianapolis was successful because successive generations of politicians, business leaders and charitable foundations all shared the same vision. This wasn't about building a legacy for a one person, it was about fundamentally changing an entire city.

And third is tenacity. Indy had its setbacks along the way. The Pacers almost left town, the city failed to attract a Major League Baseball team, and two previous attempts to land the Super Bowl were unsuccessful. But rather than get discouraged, local leaders adapted and pushed ahead with their larger plan.

So could Winnipeg build off the return of the Jets to follow Indy down the path to becoming a sports powerhouse? Or maybe we'd be better off looking for opportunities to take advantage of the new human rights museum, the growing aboriginal population, or our status as a major winter city. Whatever the focus, all the major players in town should follow the Indy example and work together as a team toward a carefully chosen economic development goal.

Colin Fast is a corporate communicator who blogs about life in Winnipeg at policyfrog.com.

Man shifts his good deeds into overdrive

NEWS WORTH SHARING

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Remember that Chevrolet slogan in the 1980s: "Chevy makes good things happen"? Well, Tessa Janzen, 19, a Winkler resident and employee at Janzen Chevrolet Buick, is resurrecting that saying in a very real sense.

Janzen has decided to run a clothing drive this winter with the proceeds benefiting the Siloam Mission in Winnipeg.

People who come in to browse for a new car can now leave something more than a down-payment behind — you can also leave bags of gently used clothing.

"I know that Winnipeg has many (homeless people) and to think of how cold it gets, I wanted to help them at the coldest time of year," says Janzen.

CRAIG AND MARC KIELBURGER

Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we will share them right here.

ARNO BALZARINI/KEYSTONE/THE ASSOCIATED PRESS

Daily Zoom

Holding on for dear life

Riders literally dragged by horse

SWITZERLAND. First-place rider Fadri Casty, pulled by Bergonzi, centre, competes during the Skijoring Grand Prix Credit Suisse race on the frozen Lake of St. Moritz, during the first weekend of White Turf races in St. Moritz on Sunday.

The unique race, which combines skiing and horse racing, has been an annual event in the town since 1906. THE ASSOCIATED PRESS

ARNO BALZARINI/KEYSTONE/THE ASSOCIATED PRESS

Taking the sport to the lake

TRADITIONAL. The weekend also includes the Grand Prix American Airlines — a more traditional horse race, if you can call riding horses on a frozen lake traditional.

The participants ride nearly 2,000 metres across the snow and ice, which gives the annual races the name White Turf. The racing wraps up Feb. 19. THE ASSOCIATED PRESS

metro
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A different kind of rom-com

Canadian indie director parlays web donations into rom-zom-com A Little Bit Zombie

HANDOUT

▶ Director Casey Walker, right, talks with cast and crew on the set of A Little Bit Zombie.

It was in 2006 that Thunder Bay, Ont.-native Casey Walker set out to make his first feature film and won over the web with his pitch to shoot an "unromantic comedy" for a million bucks.

A lot can change in five-plus years, including the idea for your film, and how much it'll cost to make it.

Walker eventually changed gears and decided to make his debut film a "rom-zom-com" called A Little Bit Zombie, which is getting its world premiere this weekend at the Victoria Film Festival. And while he initially nicknamed the project "my million dollar movie," it ended up costing just about double that.

The journey to create his first film actually dates back at least 10 years or so, when he started working on a script for his big-screen debut with another writer.

"We quickly discovered you can't make a movie in this country unless you've made a movie," said Walker.

Years later, inspired by a student's online campaign that collected donations to pay for his tuition, Walker set up mymilliondollarmovie.com, asking for $10 pledges to help fund his movie.

The website was a hit, made international headlines and gave Walker the push he needed to seriously pursue the film — even if the campaign didn't pay for it entirely.

"We tried to raise a million dollars, that was the goal," he said.

"But we got $85,000 online, I put in personally another $275,000 and the rest came from tax credits and the Northern Ontario Heritage Fund Corporation," based on plans to shoot the film in Sudbury, Ont.

Walker went with the zombie theme after meeting with Christopher Bond (co-creator of Evil Dead, The Musical!) and Trevor Martin, who would become the writers for A Little Bit Zombie.

Kristopher Turner (The L.A. Complex, Instant Star) stars as mild-mannered nice guy Steve, who is engaged to raging bridezilla Tina, played by Crystal Lowe (Hot Tub Time Machine, Final Destination 3, Smallville). They're spending a weekend away in a country cabin when things start getting strange, shortly after Steve gets bitten by a mosquito.

That mosquito had just finished feasting on a zombie's blood before getting to Steve.

"The (writers) told me the one-sentence idea of what happens when a guy gets bitten by a zombie mosquito: he becomes a little bit zombie," said Walker, adding that the film is a fusion of multiple genres and not aimed at one demographic.

"We went for a broad audience ... this is a movie that if you don't love zombie movies, you're going to love, and if you love zombie movies you're going to love it. There's something there for everyone," he said.

THE CANADIAN PRESS

Viewing

▶ For those not in Victoria this weekend, A Little Bit Zombie is set to air on Movie Central and TMN (likely in the lead-up to Halloween) and before that it'll hit some theatres.

2 scene

Box office

Some unknown kids with superpowers have nudged out the world's most famous teen wizard at the weekend box office. Chronicle, featuring a relatively unknown cast as youths who gain telekinetic abilities, debuted as the No. 1 movie with $22 million. It edged out Harry Potter star Daniel Radcliffe's The Woman in Black.

THE ASSOCIATED PRESS

Mel Gibson, LA County sheriff listed as possible witness in deputy's discrimination case

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Blazing a trail in Hollywood

Actress Pam Grier built career on portraying slew of fearless females Blames marginalized audiences, brands for lack of African-American movie roles

NATHAN DENETTE/THE CANADIAN PRESS

▶ Pam Grier

Film star Pam Grier says there's still a lack of opportunities for African-American actors in Hollywood and it's partly due to marginalized audiences.

Film investors are looking to make the widest profit margins possible and build upon "brands" (such as actors or franchises) that can "keep the industry going," explains the Foxy Brown screen siren.

And if they do invest in a marginalized brand, the budget will likely be small and sometimes the target audience won't even support it, she said.

"We have conservative African-Americans who will not see certain films, will only see Tyler Perry but will not see Spike Lee," Grier, 62, said in an interview ahead of her appearance at the Canadian Film Centre's celebration of Black History Month in Toronto.

"I know a lot of African-American women that didn't want to see The Help because they had lived it as little girls.... It brought back horrible memories and they couldn't see it, nor will they read the book."

Grier, of course, has helped blaze a trail for African-American women in Hollywood by portraying a slew of fearless female characters, from the voluptuous villain hunter in Foxy Brown, to the private detective in Sheba, Baby, to the vigilante in Coffy. In 1998, she was nominated for the best-actress Golden Globe for playing a fierce flight attendant in Jackie Brown — a role Quentin Tarantino wrote with Grier in mind.

Though she's often referred to as an icon of the '70s classic blaxploitation films, Grier isn't comfortable with the title.

"There were several films done before me by male actors — Fred Williamson, Jim Brown, Isaac Hayes — a lot of black, male-lead films. But when I stepped into the role, now it's 'exploitation,'" she said.

Grier began her empowering career path on the big screen after a lifetime of abuse, she said, noting she was raped twice — first at age six and again at age 18.

She said she was also the victim of an attempted rape at age 21.

That's when B-movie honcho Roger Corman cast Grier in the female prison flick The Big Doll House.

"It was just basically a moniker that described a black action film."
PAM GRIER, ON HER STATUS AS AN ICON OF BLAXPLOITATION FILMS

"And so that's how I was really transformed and started bringing my strength to the screen, and I just said, 'I've got to fight back,'" said Grier. **THE CANADIAN PRESS**

Memoir

Grier runs down her life story in her 2010 memoir, Foxy: My Life in Three Acts, which she says is now being adapted for the big screen.

- **The book** dishes on everything from the men she's dated — including Kareem Abdul-Jabbar, Freddie Prinze Sr. and Richard Pryor — to her job as a receptionist at the American International Pictures Company.
- **These days,** Grier lives on a farm in Colorado, where she lets impoverished children ride her four horses for free. She and her sister also knit hats for U.S. military soldiers to wear under their helmets and for chemotherapy patients.
- **Grier battled** cervical cancer at age 39 and the battle forced her to take a break from acting. It sent her on a life-long journey for alternative and holistic therapies, including Chinese medicine and herbs. Now, she's physically, spiritually and mentally a different person who's found her yin and yang, she said.

Greenwood heads way up The River

BOB D'AMICO/ABC/THE CANADIAN PRESS

▶ Cast members of The River, including Bruce Greenwood (far left).

Bruce Greenwood has boldly gone into outer space as Capt. Christopher Pike in Star Trek. He's gone into the past, portraying John F. Kennedy in Thirteen Days and Bob Dylan in I'm Not Here.

Now, he finds himself way, way up The River.

In the new paranormal adventure series — executive produced by Steven Spielberg — Greenwood, from Quebec, plays Dr. Emmet Cole, a famed explorer with a Crocodile Hunter-like TV following. Cole went looking for magic deep in the uncharted Amazon jungle and never returned.

Six months after he disappeared, his emergency beacon goes off, sparking a rescue mission led by his wife Tess (played by another Canadian, Leslie Hope), grown son Lincoln (Joe Anderson) and ex-producer Clark (Paul Blackthorne). In order to fund the search efforts, the family reluctantly agrees to let Clark film the mission documentary-style.

Greenwood is glimpsed in the pilot during flashbacks and bursts of video transmitted from the field before his character's disappearance. He is full-time on the series, however, suggesting that the family does, in fact, reunite.

The original idea, says executive producer Oren Peli (Paranormal Activity), was to shoot The River as a feature film. "It was just going to be about a missing documentary crew that had gone missing in the rainforest," says Peli.

He had set the project aside when he had a meeting with Spielberg, "and he told me, 'Hey, we should do a TV show together,' and I'm thinking, 'OK. Sure. Whatever you say.'"

The role presented a challenge for Greenwood: Much of the Paranormal Activity-like action scenes are shot with small digital cameras the actors themselves operate.

He says his big concern was not letting the real film crew down. "Also, I didn't want to be shooting up my nose." **THE CANADIAN PRESS**

Radcliffe says he'll steer clear of Butterbeers

22-year-old Daniel Radcliffe has already decided to give up drinking
Says breaking point came while working on the last Harry Potter films

Now that he's done being Harry Potter, Daniel Radcliffe is coming clean about wizarding under the influence.

"I can honestly say I never drank at work on Harry Potter. I went into work still drunk, but I never drank at work. I can point to many scenes where I'm just gone. Dead behind the eyes," Radcliffe says in an interview with Heat magazine.

"I have a very addictive personality. It was a problem. People with problems like that are very adept at hiding it. It was bad. I don't want to go into details, but I drank a lot and it was daily — I mean nightly."

We're happy to hear that Radcliffe, wise young man that he is, has since sobered up — allowing us to devise Harry Potter drinking games with a clear conscience.

Our personal golden snitch: A shot of him getting queasy on a broomstick and/or slurring his way through Parseltongue.

"I don't want to go into details, but I drank a lot and it was daily — I mean nightly."
DANIEL RADCLIFFE

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ALL PHOTOS GETTY IMAGES

▶ Daniel Radcliffe says he has a "very addictive personality."

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SUBMITTED

▶ One boy from the '80s adventure flick The Goonies was openly made fun of because of his weight, and even had the nickname Chunk.

Is it OK to call a fat kid fat?

Maybe, if it prevents obesity later, says our Mommyish writer

A new study refutes the link between childhood obesity and junk food in schools. The epidemic, it says, is rooted closer to home than we thought. And with one in three kids overweight or obese (in the U.S., at least), it can't just be blamed on a few negligent parents. Well-meaning moms and dads are part of the problem, too.

That's because, in an attempt to bolster their kids self-esteem by avoiding fat-talk, many have become too afraid to speak plainly and frankly about what is and isn't a healthy body weight.

But putting blinders on isn't going to make the problem go away — or make kids feel any better.

Dr. David Katz of the MindStream Academy in South Carolina, a health and wellness boarding school, has an opinion shared by many: "Never send your kids the message that they need to lose weight, get thinner, drop pounds, look better, etc.," he said, "If you do, they'll still develop unhealthy attitudes even if you never so much as utter the d-word. Instead, always frame your message
in terms of your kids feeling better about themselves, having more energy, becoming healthier and happier. These are sustainable goals that won't damage your child's self-esteem."

As someone who was overweight as a kid (I even wrote about how I wished my parents had put me on a diet when I was young), I can attest to the fact that if my parents hadn't been afraid of hurting my feelings and talked to me honestly about weight loss, I'm fairly sure I would have been better off. Their frankness about my health would have been a lot easier to bear than the teasing of kids and the angry voices in my own head about my body.

That's the tricky part: Kids may not tell you that they feel terrible about their body because they're overweight. But the truth is that few overweight or obese kids are unaware that they're bigger than their peers.

Here's a stat worth remembering: 75 per cent of parents ignore or don't realize that their overweight kids are getting made fun of, and feel bad about themselves, according to Strong4Life, an anti-obesity organization.

I assure you, being the fat kid in class is worse than your mother telling you that fruit is a better snack choice than chips.

CONTRIBUTED BY HANNA BROOKS OLSEN, OF BLISSTREE.COM AND MOMMYISH.COM

Family-style meals

Communal dining brings people closer — literally

THE CANADIAN PRESS/ CRIS YOUNG

▶ The Social Feed dinner at Toronto's Drake Hotel

Sitting shoulder-to-shoulder while passing food-filled platters around the table is a familiar scene. But many are embracing this intimate dining experience outside of the home — and not just with friends and family.

On a recent weeknight at Toronto's Drake Hotel, 14 diners sat cosily at a long wooden table, arms and hands extending and criss-crossing to share and exchange delectables on gleaming dishes.

The event was organized by The Social Feed, which partners with independent restaurants and local hotspots to offer a unique take on the dinner party. Guests shell out in advance for a fixed-price menu and indulge in food and drink while seated at a communal table with others looking to share in a meal — and, it's hoped, a little social interaction.

Events are targeted at 22- to 34-year-olds who may be seeking an affordable alternative to their usual dining experience, said co-founder Reggie Milligan.

"Somebody that doesn't need to know a lot about the food culture in their city ... they can kind of jump in and the table roams from different spot to different spot within the city," he said.

Now with the concept in place in Vancouver and Toronto, Milligan said the next logical step for expansion would be Montreal and, it's hoped, a major food market in the U.S.

THE CANADIAN PRESS

Fitness tax credit

With all the activities in which your kids are involved, money may be flying out of your wallet. Registration fees, new uniforms and equipment all add up.

However, registering your children in physical activities may save you some money this tax season. The children's fitness tax credit may allow you to claim up to $500 of the fees you spend on eligible activities. This gives you a non-refundable tax credit of up to $75 per child, which could help equip your future sports superstar.

More info can be found at cra.gc.ca/fitness.

NEWS CANADA

Colorado lawmakers delay considering tough restrictions on trans fats at schools.

Dip into water for dinner

Dried mushrooms offer a woodsy flavour to fish, and brown butter sauce gives it a nice finish ◗ Ginger and garlic mingle with the spinach side

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

Fish Prep:

1 In clean coffee grinder, grind dried mushrooms until fine powder. Place in small bowl and add coriander; set aside.

2 Using sharp knife, cut fish into 4 equal portions if fillets are large. Coat each piece with mushroom mixture and place in baking dish.

3 Sprinkle fish with salt. In a large skillet, melt 2 tbsp (25 mL) of the butter over medium-high heat until just starting to brown. Add fish, skin side down, if any and cook 3 mins. Transfer to parchment paper lined baking sheet and roast in 425ºF (220ºC) oven for 10 mins. or until fish is opaque and flakes easily when tested.

4 Return skillet to medium high heat with remaining butter and melt, stirring until foamy. Drizzle over fish to serve.

Spinach Skillet Side Preparation:

1 In a large non-stick skillet, heat oil over medium heat and cook garlic and minced ginger, stirring for about 2 minutes or until softened.

2 Add spinach and hot pepper sauce and cook, stirring for about 5 minutes or until spinach is wilted.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

EMILY RICHARDS

Porcini-Dusted Fish and Spinach

▶ This recipe makes four servings.

Ingredients:

Fish

- 1 pkg (14 g) dried wild mushrooms, such as porcini
- 1 tbsp (15 mL) finely chopped coriander
- 1 ½ lbs (750 g) fresh fish fillets such as cod or trout
- 1/2 tsp (2 mL) kosher salt
- 3 tbsp (45 mL) butter

Spinach

- 1 tbsp (15 mL) canola oil
- 2 cloves garlic, minced
- 1 tbsp (15 mL) ginger
- 1 bag (8 oz/227 g) baby spinach leaves
- 1/2 tsp (2 mL)pepper sauce

Rose Reisman's Choose It And Lose It

Lunchtime faves, such as quesadillas, sandwiches and wraps with seemingly healthy ingredients, can actually pack some hidden fat and calories.

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Canada Post is trying to help you do that ◗ And they're trying to reduce mail's carbon footprint too

BEN KNIGHT
LIFE@METRONEWS.CA

ISTOCK PHOTOS

▶ Canada Post is greening up its act.

Canada Post is greening up its act. That means the environmental footprint of all your letters and packages is being reduced. As is the carbon cost of all that junk mail.

"We travel about 80 million kilometers every year," says Anick Losier, director of media relations for Canada Post. "We're in every single community in Canada. We have three times as many postal counters as there are Tim Hortons."

For the past three years, Canada's national postal service has been working to reduce its significant greenhouse-gas emissions by 20 per cent by the end of this decade.

"We're using more environmentally friendly vehicles, and are testing a fully electric vehicle to see how it can fit in Canadian winters," Losier explains. "This is already producing some significant results, just in the past year or so. We've seen about a 5 per cent reduction in greenhouse gas emissions."

There's also a massive, nationwide overhaul of the company's infrastructure. Old, outdated facilities are being closed, and new, LEED-certified buildings are taking their place.

Paperless transactions are being encouraged, as well.

"We were the first out of the gate, ten years ago, with ePost," says Losier, referring Canada Post's online bill-payment service. "People wanted to be more green, and were seeking alternatives to paper. Now we've got 2.8 million users monthly."

But when most Canadians go to their mailboxes, most of what they receive is advertising. A significant portion is thrown out immediately — and not all of it gets recycled. How can that environmental impact be eased?

"People who do not want to have the flyers — what we call Ad Mail — can register on our website for the Consumer's Choice program," she says. "They will be on a list when the letter carrier delivers your mail, and will not receive flyers."

The program has been available for ten years — and remains unpopular.

"We only see about 6 per cent of Canadians registering for it," Losier notes. "It was designed to offer alternatives to Canadians. We know that they want to be more environmentally friendly."

For more info: canadapost.ca

52.2%

If you think that more than half your mail is advertising, you're correct. Canada Post delivered 5.4 billion pieces of direct-marketing ad mail in 2010 – 52.2 per cent of all letters, packages and other items they handled.

Canine made a career out of kindness

How a playful puppy found his calling in caring for others and taught humans a lesson in unconditional love

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

When Charmaine Hammond and her husband, Chris, adopted Toby, a five-year-old retriever, they had no idea they had acquired a four-legged demolition dog with separation issues.

After their home was repeatedly ripped apart it was determined that Toby needed a job. Charmaine enrolled him in pet therapy training and it became a turning point for Toby as he began ministering love and companionship to people with mental illnesses. Toby had found his purpose.

▶ Corporate trainer, speaker and best-selling author Charmaine Hammond with her award-winning pet therapy dog, Toby.

For five years Toby faithfully looked after Charmaine and Chris, ministered to his patients and visited 10,000 school children to promote literacy and kindness. Charmaine wrote a book about her adventures with Toby and it's currently in development in Hollywood to be turned into a movie.

Last December, Toby passed away peacefully, but in his memory Charmaine is launching a new initiative to coincide with February Random Acts of Kindness month.

"Toby impacted people around the world and his mission is so important that we must continue it."
MARY MORASSUTTI

"Toby impacted people around the world and his mission is so important that we must continue it."

Toby's Global Kindness Mission will launch on February 14th — the day of love.

How fitting for a determined dog that left an indelible paw print on so many hearts.

Lessons I learned from Toby

Charmaine Hammond shares her thoughts on a dynamic dog

- **Perseverance and Commitment**. Toby never gave up.
- **Hope.** In the most difficult of days hope carries you through.
- **The power of kindness.** I would watch Toby connect with people and it was such a beautiful, deep sharing of kindness.
- **Unconditional acceptance.** He never judged, and always accepted people for who they were and where they were at that moment.

To find out more about Toby's Global Kindness Mission, go to ontobysterms.com.

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GETTING BACK TO HEALTH BASICS

EXERCISE, SLOW DOWN, LIVE WELL

Dr. Beth Abramson is blunt about the numbers. "Heart disease and stroke take one in three Canadians before their time," says the cardiologist at Toronto's St. Michael's Hospital and spokesperson for the Ottawa-based Heart and Stroke Foundation of Canada.

"It's the No. 1 killer of women in Canada, taking more female lives than all forms of cancer combined."

In 2008, for example, the latest year in which numbers are available, Statistics Canada reported that cardiovascular disease was responsible for 69,648 deaths — 29 per cent of Canada's deaths in total. It also accounted for 29.7 per cent of female deaths. In total, the foundation estimates there are approximately 70,000 heart attacks annually in Canada.

Yet, some people are still unsure as to what heart disease entails — it's actually a group of conditions seriously affecting the heart.

"Heart disease is broad ranging (in its definition), but the concerning and preventable form of heart disease we usually deal with are heart-attack-related problems," notes Abramson.

For example, when heart arteries are blocked, you have a heart attack with a lack of blood flow to the heart. If arteries that supply blood to the brain break off, then you have a stroke. But much of heart disease and stroke is preventable.

"Because risk factors for developing heart disease and stroke include high blood pressure, high cholesterol, diabetes, smoking and a family history of early heart disease, and, indirectly, being overweight and out of shape.".

Canadians seem to be getting the message as to how to prevent heart disease — in the past 10 years, the rate of heart disease and stroke has dropped by 25 per cent notes the foundation.

And while there are several prevention strategies for keeping heart disease at bay, Abramson thinks slowing down is one way to start.

"We're leading very fast-paced lives. But we need to make sure we're exercising our bodies and being more active," she says. "We have a lot of pressures and sometimes it's going back to basics — slow down a little, eat properly and live well."

ADVERTISING FEATURE

Staying healthy is No. 1 defence to staying healthy

Let Wolseley Wellness Centre help you get through the cold and flu season

It's that time of year again, and we don't mean the holiday season. Cold and flu season is here, and the Wolseley Wellness Centre would like to help you and your family stay healthy.

While the tried and tested methods of avoiding illness should not be forgotten, you can always do more than wash your hands to prevent a cold or flu from slowing you down.

Staying healthy is your No. 1 defence when it comes to cold and flu season. Excess stress can take a serious toll on your health.

Massage Therapy and Lymphatic Drainage Therapy are excellent ways to unwind and get ready for whatever life is going to throw at you.

ISTOCKPHOTO/THINKSTOCK

Lymphatic Therapy boosts the immune system by stimulating the lymphatic system to produce more immune cells. Lymphatic Therapy can also help decongest sinuses, relieve sore throats and eliminate headaches.

If you do end up catching a cold or flu, do not despair. Made from wild oregano, our Oil of Oregano kills viruses, bacteria, and fungi. A couple drops under the tongue or massaged into the feet is all you need.

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THE POWER OF HERBS

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Simply stated, when herbs are taken as directed they are very safe, effective and gentle. Herbs can be used for both prevention and as a treatment for a wide variety of ailments. Herbs are a product of nature, containing essential substances necessary for building up and maintaining the body, and optimizing the performance of vital functions. Herbs provide great assistance to your body's own ability to maintain or return to a healthy state.

Herbs are not chemicals synthesized in a laboratory. They are high-quality plants, rich in compounds that may be missing in your diet. Plants have the power of taking up mineral substances through their roots from the soil and assimilating and transforming them into organic forms in such a way that they become bioavailable and readily utilized by the human body.

Many new drugs are actually purified compounds extracted from whole plants. Experience is now showing that purified chemicals from plant extracts do not necessarily provide all the benefits of the whole plant, and especially of whole plants in specific combinations.

Strauss Heartdrops™ are crafted from carefully selected herbs that, through generations of experience and hundreds of years of historical herbal usage, have been considered beneficial for the circulatory system and overall vitality.

They accomplish this by acting as a natural detergent to clear out congested arteries and often achieve this in just six bottles with no additional ongoing treatment, but the effects can be felt much sooner. Definitely work with your doctor by asking for a copy of your angiograms and to monitor your progress throughout the course of treatment. Strauss Heartdrops™ will also not interfere with any prescriptions you are currently taking. It has been reported that heart conditions that are caused by clogged arteries are improved in 95 per cent of users after treatment.

THE BENEFITS OF GARLIC

Choosing an appropriate garlic supplement can be a confusing process. All garlic supplements have some nutritional value. However, powders and oils contain little or no water-soluble compounds that may be essential to obtain some of the key benefits of garlic. Garlic powders and oils contain some beneficial oil-soluble sulphur compounds. However, these compounds also have a pungent garlic odour, as well as harsh, oxidizing side-effects.

Even though these products may claim to be deodorized, the garlic odour is just masked by chemical or sugar coatings. When the capsules or tablets dissolve, garlic body odour results.

Kyolic® odourless Aged Garlic Extract™, on the other hand, is the only odourless antioxidant garlic supplement. The exclusive aging process eliminates garlic odour and harsh side-effects.

Since prevention is worth a pound of cure, proper exercise, rest and diet including garlic are essential for your health. Research has shown that Kyolic® aged garlic extract helps improve your blood circulation and many other cardiovascular risk factors.

Kyolic® is also proven to enhance your immune function and protect your cells, from oxidation and aging. Kyolic's® odourless aged garlic extract really is your healthy heart natural alternative to an aspirin a day.

Strauss Heartdrops®

- Strauss Heartdrops® act as a detergent to clear congested arteries.
- For the maintenance and promotion of cardiovascular health, and reduction of risk factors associated with cardiovascular disease.
- Strengthens the circulatory system.
- Maintains normal fat and cholesterol levels in the blood.
- Strauss Heartdrops® Flush unwanted toxins and metals from the blood.

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WHY OMEGA OILS ARE ESSENTIAL

Fish oils contain the omega-3 fatty acid eicosapentaenoic acid (EPA), which has been shown to support cardiovascular health.

Research has shown that fish oil reduces triglycerides, improves circulation, manages blood pressure, supports the body's anti-inflammatory response, and may prevent heart attacks.

In fact, the evidence is so strong that the American Heart Association (AHA) published recommendations on omega-3s and cardiovascular disease. The AHA recommends that people with heart disease consume a minimum of one gram of EPA and DHA combined per day, and those with high triglycerides consume two to four grams.

In addition, heart disease is a predominant risk to individuals with diabetes, and fish oil has been shown to decrease these risks.

Essential fatty acids (EFAs) are polyunsaturated fats that our bodies need but cannot produce. Therefore, they must be consumed through food or supplements. There are two families of EFAs — omega-3 and omega-6, which need to be consumed in a balanced ratio. The body must receive a balanced supply of omega-3 and omega-6 EFAs to ensure proper eicosanoids production.

Eicosanoids are hormone-like compounds that affect virtually every system in the body — they regulate pain and inflammation, help maintain proper blood pressure and cholesterol levels, and promote fluid nerve transmission.

The problem is that, in our modern industrialized food system, omega-3s have become largely absent from the food chain, while omega-6s have become overabundant. Even the healthiest diets contain too many omega-6s and not enough omega-3s.

Decades of scientific evidence indicates that this EFA imbalance can contribute to chronic inflammation and a variety of chronic health issues.

WHAT ARE THE EARLY SIGNS OF OMEGA-3 DEFICIENCY?

- Fatigue
- Poor memory

HEMERA/THINKSTOCK

- Immune weakness
- Dry skin, eczema, or hair loss
- Heart problems
- Reproductive problems
- Mood swings or depression
- Poor circulation

CAN WE GET ENOUGH OMEGA-3S FROM THE FOOD WE EAT?

Fish is the primary food source of the omega-3s EPA and DHA, but Americans simply don't eat enough fish on a regular basis. Even those who eat fish several times a week aren't getting enough EPA and DHA because much of the fish consumed today is farm-raised and lacks significant amounts of EPA and DHA.

Also, many people are increasingly avoiding fish due to growing concerns about environmental toxins in fish (such as mercury, dioxins, PCBs, etc.).

In addition, there are several factors that can lead to a reduced absorption of EFAs — age, poor diet, alcohol consumption, low levels of certain vitamins and minerals, some prescription drugs, compromised immune status, and a diet high in saturated and/or trans-fatty acids (meat, dairy, fast food, fried food, baked goods, and processed foods).

Moreover, people with health challenges or those who are currently deficient often require a minimum of two to four grams a day of EPA and DHA, which is difficult to obtain from fish alone.

AWARD-WINNING PURITY LEVELS

PROTECTION FROM HARMFUL ENVIRONMENTAL TOXINS

Every batch of oil used in Nordic Naturals' products is third-party tested for environmental toxins including heavy metals, dioxins, and PCBs, ensuring that every product exceeds international pharmaceutical standards and is at least 750 times purer than fish.

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4 sports

Eli drives Giants to greatness

New York wins Super Bowl on last-minute touchdown from Bradshaw ◆ Patriots come up short in the big game vs. Giants for second time in four years ◆ Manning named game MVP

GIANTS	PATRIOTS
21	17

JEFF GROSS/GETTY IMAGES

▶ The New York Giants celebrate in front of New England Patriots QB Tom Brady after winning the Super Bowl in Indianapolis on Sunday night

Take that, Brady. You too, Peyton.

Eli Manning is the big man in the NFL after one-upping Tom Brady and leading the New York Giants to a 21-17 victory over the New England Patriots in Sunday's Super Bowl — in older brother Peyton's house, at that.

Just as Manning did four years ago when the Giants ruined New England's perfect season, he guided them 88 yards to the decisive touchdown, which the Patriots didn't contest as Ahmad Bradshaw ran six yards with 57 seconds left.

Patriots coach Bill Belichick reasoned the Giants would run the clock down and kick a short field goal, so he gambled by allowing the six points.

The gamble failed.

And now Manning not only has stamped himself as the elite quarterback he claimed to be when the season began — in the same class as Brady — he's beaten the Patriots in two thrilling Super Bowls. The Giants now own the football world and Manning owns two Super Bowl MVP awards, the same number as Brady.

"It's been a wild game, a wild season," Manning said. "This isn't about one person. It's about one team, a team coming together."

But in the end, it was Manning — who was selected as the MVP — who directed the nine-play, 88-yard drive that put New York ahead.

Ahmad Bradshaw capped the winning drive with a six-yard run up the middle. He stopped at the one-yard line, turned around and showboated his way into the end zone.

Less than a minute later it came down to one last play, when Brady's long heave into the end zone fell incomplete among a maze of players.

Manning, meanwhile, couldn't have been more on target, hitting six receivers in the first period, completing his first nine throws, a Super Bowl record. He also was aided by Bradshaw, who hardly looked like a running back with a bad foot. Bradshaw broke a 24-yard run, and New England made another critical mistake by having 12 men on the field on a third-and-3 on which the Giants fumbled.

Instead, New York got a first down at the six, and two plays later Victor Cruz beat James Ihedigbo on a slant to make it 9-0.

Manning's first incompletion didn't come until 1:19 into the second quarter. THE ASSOCIATED PRESS

Quoted

"I'm pretty much booed at every arena, wouldn't you say? Even before anything happened?"

BOSTON GOALIE TIM THOMAS, WHO WAS BOOED BEFORE THE BRUINS' 4-1 WIN OVER THE CAPITALS IN WASHINGTON ON SUNDAY. THOMAS MADE 35 SAVES PLAYING ABOUT 10 BLOCKS FROM THE WHITE HOUSE, A PLACE HE FAMOUSLY AVOIDED WHEN THE REIGNING STANLEY CUP CHAMPIONS WERE HONOURED BY PRESIDENT BARACK OBAMA ON JAN. 23.

Scan code for more sports.

Sagging offence drags down Jets again

CANADIENS	JETS
3	0

Tomas Plekanec scored a goal and an assist and Carey Price made 23 saves for his third shutout of the season Sunday to lead the Canadiens to a 3-0 win over the Winnipeg Jets in Montreal.

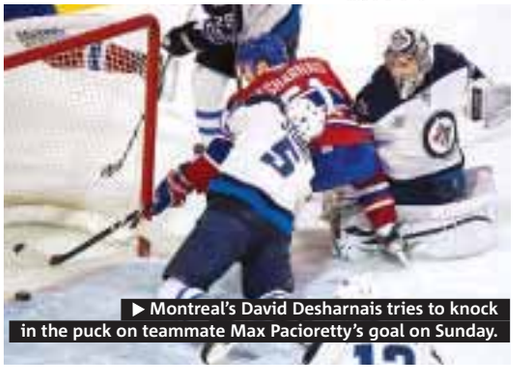
Max Pacioretty and Alexei Emelin also scored for the Canadiens (20-24-9), who recorded just their 10th home win.

Winnipeg goalie Ondrej Pavelec stopped 20 shots in the loss. The Jets (24-24-6) dropped their second straight and were shut out for the second time in their last five games. They have scored just five goals in that stretch.

Pacioretty opened the scoring at 18:02 of the first. With David Desharnais stationed in front, the Habs forward picked up a rebound at the side of the net and tucked it past Pavelec for his 19th of the season.

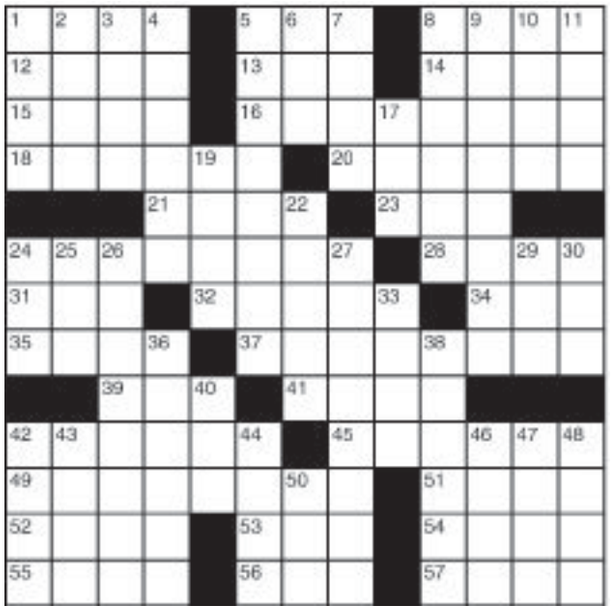
Emelin doubled the Canadiens' lead when he converted a perfect pass from Plekanec on a shorthanded 2-on-1 at 7:20 of the second period.

Plekanec then beat Pavelec at 11:28 of the second to give the Canadiens a 3-0 lead. THE CANADIAN PRESS



▶ Montreal's David Desharnais tries to knock in the puck on teammate Max Pacioretty's goal on Sunday.

Crossword



Across

1 Player of old 45s
5 Small barrel
8 Rotate
12 Thing
13 Romano or Liotta
14 Choir voice
15 Wound cover
16 Incoming flights
18 Horror movie reaction
20 With uniformity
21 Boast
23 Big laugh
24 In handcuffs, maybe
28 Tower city of Italy
31 Debt letters
32 Gin and —
34 Convent person
35 Give temporarily
37 Set up
39 Neighbour of Kan.
41 Architect Saarinen
42 Short coat
45 OPEC, for one
49 Over-bearingly proud
51 Bamako's land
52 Warm and cozy
53 Hair salon application
54 "Woe is me!"
55 Enlivens, with "up"
56 Pigpen
57 Period after Mardi Gras

Down

1 Greet the villain
2 Need to scratch
3 "— Factor"
4 Drink to excess
5 Indo-nesian volcano
6 Listening organ
7 Move in a spiral
8 Prepare for a big purchase
9 Recent fad
10 "— have to do"
11 Inquisitive
17 Wall climber
19 Formerly, formerly
22 Literary category
24 Have a bug
25 Fish eggs
26 Second-place contestant
27 Without detouring
29 Take to court
30 Moreover
33 Irene of "Fame"
36 Clears the windshield, in a way
38 Standard
40 Plead
42 Grate
43 Sea eagle
44 Tatters
46 Story
47 Verve
48 Roster
50 Butterfly catcher

▶ Friday's answer

Sudoku

2			8					
1	3			6				
		8				9	6	
	7		4		3			5
4			2		7			8
5			9		6		2	
	8	5				7		
				9			3	2
					4			6

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

Sorry for everything I tried million times to say sorry,i just can't help my imagnations. I dreamed come over to you again and again. Very sorry for myself and for your for everything i did so stupid. I mixed up the person and the things always. sorry and i swear never bother you intent to call you text you anymore ok.
FROM I SHOULD KNOW

suga is this more than you bargined for yet.....isnt it messed how im just dying to meet him. Drop a heart,, break a name.
FROM SOUR

ZANDAN love is kind ,, started of this year and i didnt think i be falling for you now,,,<3<3
FROM LORI

A look at the weather

Jenna Khan, Weather Specialist
BREAKFAST TELEVISION

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 5:30 AM**

MONDAY	TUESDAY	WEDNESDAY
Min -7°	Min -18°	Min -19°
Max -7°	Max 8°	Max -7°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
Someone you usually get along with will be a bit of a pain today, and maybe tomorrow too.

♉ Taurus April 21-May 21
If you reach for something too quickly today you may find that it slips from your grasp.

♊ Gemini May 22-June 21
You may have to sacrifice your own needs today as a partner or loved one demands that you spend more time with them.

♋ Cancer June 22-July 22 You may find that family and friends are no longer as supportive as they once were but it's no big deal so don't get excited.

♌ Leo July 23-Aug.23
It may seem as if certain people have got it in for you but have they really or is it your mind playing tricks on you?

♍ Virgo Aug. 24- Sept. 22
It's hard not to be suspicious, especially when all the evidence suggests that a colleague is trying to get ahead at your expense.

♎ Libra Sept. 23-Oct. 23
If you want someone to follow your instructions today you will have to use charm rather than coercion.

♏ Scorpio Oct. 24-Nov. 22
Take care that in trying to find a solution to one problem you don't create more problems.

♐ Sagittarius Nov. 23-Dec. 21 You are in a generous mood and will do almost anything for almost anyone who needs your help.

♑ Capricorn Dec. 22-Jan. 20
The full moon will pull you in different directions over the next 48 hours.

♒ Aquarius Jan. 21-Feb. 18
You will be somewhat impulsive today and tomorrow, especially where affairs of the heart are concerned.

♓ Pisces Feb. 19-March 20
Someone in authority will flex their muscles today.

SALLY BROMPTON

Caption contest

AJIT SOLANKI/THE ASSOCIATED PRESS

"Hey Coach how much longer? My legs are numb....Coach?.... Hey Coach?"
Rachelle

UZAY HACAOGLU/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Tuesday's Metro.

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